The Articulated Carpus

- The humerus is a long bone, the largest in the upper limb
- It articulates proximally with the scapula at the scapulohumeral (glenohumeral) joint
- It articulates distally with the ulna at the elbow joint

- The carpals are eight bones arranged in two rows
- The carpus is convex anteriorly and concave posteriorly
- These bones glide on each other, as well as the two rows gliding on each other, as well as gliding along the radiocarpal joint.
- Some Lovers Try Positions That They Can’t Handle:

  Scaphoid, Lunate, Triquetrum, Pisiform, Trapezium, Trapezoid, Capitate, Hamate.

The scaphoid, lunate and triquetrum articulate with the radius.